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Nearly $19 million is spent each year unclogging the city's sewers, with "flushable" wipes being the grossest offender. 8

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5 THINGS TO KNOW

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KRISTIN TOUSSAINT, REPORTER

Recently, I got a chance to take a trip to the Newtown Creek Wastewater Treatment Plant in Greenpoint, one of the city's 14 wastewater treatment plants and the largest in terms of how much it processes (310 million gallons of water a day, on average). I was there to hear about one thing the NYC Department of Environmental Protection is hoping more New Yorkers can become aware of: the scourge of wipes — wet wipes, baby wipes and even makeup wipes — that are flushed down toilets, wreaking havoc on the city's sewer system. Learn more about what happens in the wastewater treatment plant inside and at **metro.us.**

Dems may have votes to block border emergency

1 Republican U.S. Sen. Rand Paul said he would vote in favor of a resolution to end President Donald Trump's U.S.-Mexico border emergency declaration, according to a media report, likely giving Democrats the votes to pass the measure in the Senate. Trump, who has promised to issue his first veto if the Senate approves the resolution, declared an emergency last month in a bid to fund a wall along the border without congressional approval. While the Senate appears unlikely to muster the two-thirds majority needed to override a veto, passage in the Republican-controlled chamber would be an embarrassment for the president, who has failed over more than two years in office to persuade Congress to fund his wall, a central promise of his presidential campaign. "I can't vote to give the president the power to spend money that hasn't been appropriated by Congress," Paul said.

At least 14 dead in Alabama tornado: Sheriff

2 At least 14 people, some of them children, died after a tornado swept through Lee County, Alabama, on Sunday, Sheriff Jay Jones said. Emergency workers were expected to toil into the night, pulling bodies and the injured out of the rubble of hundreds of homes. "The challenge is the sheer volume of the debris where all the homes were located," Jones told CNN. "It's the most I've seen that I can recall." Lee County Coroner Bill Harris said that the death toll could rise. "We've still got people being pulled out of rubble," he told the Birmingham News newspaper early on Sunday evening. "We're going to be here all night." Severe weather unleashed one of numerous possible tornadoes that threatened the Southern United States on Sunday afternoon. Tornado warnings and watches were in effect for parts of Georgia and Alabama through Sunday evening.

Italy's biggest food fight is a citrus blast

3 Participants heave oranges at one another during the traditional Battle of the Oranges at the Ivrea Carnival near Turin. The Battle of the Oranges, the largest food fight in Italy, takes place during Carnival season and is a symbolic reenactment of a revolution which took place in Ivrea in the Middle Ages, featuring nine teams of walking *aranceri* (orange handlers) throwing oranges against *aranceri* riding on carts.

GETTY IMAGES

Booker visits Selma, says US failing its people

4 Presidential hopeful Cory Booker told a service commemorating the 1965 "Bloody Sunday" march, a turning point in the civil rights movement, that the United States is still failing many Americans, citing poverty and gun violence as constant threats. Booker, 49, a black second-term senator from New Jersey and former mayor of Newark, also lamented that clean water and affordable health care are still unavailable in many communities. "We live in a nation that is failing its moral obligations to its children, to its people," Booker said in a short speech at a church near the bridge in Selma, Alabama, where civil rights activists were attacked more than half a century ago. Nearly 600 activists marching for African-American voting rights were met on the Edmund Pettus bridge on March 7, 1965, by white state troopers who beat them with batons and sprayed them with tear gas.

SpaceX US capsule blasts off for space station

5 A SpaceX rocket with an unmanned crew capsule blasted off on Saturday for the International Space Station, in a key milestone for Elon Musk's space company and NASA's long-delayed goal to resume human spaceflight from U.S. soil later this year. SpaceX's 16-foot-tall Crew Dragon capsule, atop a Falcon 9 rocket, lifted off from Florida's Kennedy Space Center at 2:49 a.m., carrying a test dummy nicknamed Ripley. The capsule successfully separated from the rocket about 11 minutes later, sparking cheers in the control room, and began its journey to the space station. "I almost thought we would fail. I thought maybe we'd have a 10 percent chance of reaching orbit starting out," Silicon Valley billionaire Musk said of his feelings when he founded the space company in 2002. "I'm a little emotionally exhausted because that was super stressful, but it worked," he told reporters.

STATS

ECONOMIC POLICY INSTITUTE

The state of minimum wage in the US

Overview of the statewide minimum-wage rates.

- No minimum-wage law, only federal minimum wage
- Federal minimum wage applies
- Minimum wage higher than $7.50
- Minimum wage higher than $9.00
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President Donald Trump speaks at the Conservative Political Action Conference (CPAC) annual meeting. REUTERS

House launches probe into possible Trump obstruction

"It's very clear that the president obstructed justice," Rep. Jerrold Nadler said.

The House Judiciary Committee will seek documents from more than 60 people and organizations as it begins investigations into possible obstruction of justice and abuse of power by President Donald Trump, the panel's chairman said on Sunday.

Committee Chairman Jerrold Nadler told ABC's "This Week" the panel wanted to get documents from the Department of Justice; the president's son, Donald Trump Jr.; and Trump Organization Chief Financial Officer Allen Weisselberg, among others.

"We are going to initiate investigations into abuses of power, into corruption … and into obstruction of justice," Nadler said. "It's our job to protect the rule of law.

"It's very clear that the president obstructed justice," Nadler said. He said it was too soon to consider whether impeachment should be pursued, however.

"Before you impeach somebody, you have to persuade the American public that it ought to happen," he said.

As evidence of obstruction, Nadler cited Trump's May 2017 firing of FBI Director James Comey, who was leading an investigation into Russia activities in the 2016 U.S. presidential election and possible collusion with Trump's campaign.

That investigation was subsequently taken over by Special Counsel Robert Mueller, who is expected to deliver his findings to the U.S. attorney general within weeks.

"Before you impeach somebody, you have to persuade the American public that it ought to happen."
House Judiciary Chairman Jerrold Nadler

Nadler also cited what he called Trump's attempts to intimidate witnesses in the investigation.

He said the committee on Monday would release the list of people and organizations it would request documents from.

Trump has denied his campaign worked with Moscow. "I am an innocent man being persecuted by some very bad, conflicted & corrupt people in a Witch Hunt that is illegal & should never have been allowed to start," Trump said in a tweet on Sunday.

The White House and the Trump Organization did not respond to requests for comment on Nadler's remarks.

Trump told a group of conservative activists and politicians on Saturday that investigators want to look at his finances and business dealings because no evidence of collusion has been found. "All of a sudden they are trying to take you out with bulls—," he said.

While the Mueller investigation is focused on specific crimes, Congress' probes will cast a wider net, Nadler said.

Testimony by former Trump lawyer Michael Cohen last week directly implicated Trump in various crimes including campaign finance violations, Nadler said.

Congressional investigators will also look at whether Trump used the White House for personal enrichment in violation of the Constitution's emoluments clause, he said.

"All of these have to be investigated and laid out to the American people," said Nadler, whose committee would take the lead in any effort to impeach the president.

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Women's history, then and now

Meet influential women of the past and present all March during Women's History Month.

EVA KIS
eva.kis@metro.us

"Signs of Progress"
The Center for Women's History inside the New-York Historical Society is the only museum of its kind in the country, where you'll meet women from the past but also today making a difference. Women's History Month brings a full schedule of special exhibits, conversations and events including "Signs of Progress," showcasing protest artwork from the January 2017 Women's March, the story of how the International Ladies' Garment Workers Union shaped women's activism, the most daring female spy of World War II and other Women You Wish You'd Hear About, and meet-and-greets with historical figures like Harriet Tubman played by reenactors. Admission $21, events free-$20, nyhistory.org

The Women of the Brooklyn Navy Yard
The hottest new small business hub in the city is the Brooklyn Navy Yard, where shipbuilding has given way to a rooftop winery, furniture building, clothing manufacturing and many more small businesses. Hear from the female entrepreneurs at a special networking happy hour (your ticket includes a drink) followed by a roundtable discussion at the yard's main BLDG 92. March 14, 5 p.m., $10, brooklynnavyyard.org

Meet the "Shady Ladies" of The Met
It's often the women who don't play by society's rules who make history. Shady Ladies Tours began with the stories of the courtesans, mistresses and other entrepreneurial women in paintings at The Met (since the art world has some work to do recognizing female artists). And while they're a great lesson in why we need more female leaders, on Saturdays it's about the women who defied society's conventions and rolled up their sleeves to do the work, from ruling to patronage and artists who would proudly wear the name Nasty Women. $59, shadyladiestours.com

"Signs of Progress" collects protest art created for the 2017 Women's March from across the country and the world. ANADOLU AGENCY

Women of the World Festival
Want to learn about everything from auto repair to belly dancing? Now in its third year, the WOW (Women of the World) Festival isn't your typical gathering of prominent women. This year's event at the Apollo Theater includes radical activist Angela Davis, rock ballerina Kimberly Nichole, financial guru Suze Orman, White House correspondent April Ryan and many more teaching workshops, leading activities, performing and generally teaching all of us how to live more practical and fulfilling lives. March 12-17, wowapollo.com

Women's Raga Massive
Brooklyn Raga Massive, a creative collective inspired by Indian classical music, turns the program over to its leading ladies for the month of March. Women's Raga Massive: "Out of the Woods" features all female-led ensembles exploring how gender influences the music of South Asia, ranging from ecstatic songs to laments through song, dance and instruments across some of the city's best music venues including Nublu, The Jazz Gallery and Joe's Pub. March 7, 14, 21, 29, brooklynragamassive.org

Raise a glass
Only the fastest bartenders need apply for Speed Rack, the all-women speed bartending competition that has raised nearly $1 million for breast cancer research through The Pink Agenda. On Tuesday, March 5, join co-founder Lynette Marrero and Speed Rack national winner Haley Traub and tri-state winner Leah Goldensohn behind the bar at the Lower East Side's Diego for cocktails inspired by fearless women like the A.O.C. (Alexandria Ocasio-Cortez) and Ruth Bader Ginsburg. 6:30-8:30 p.m., Public Hotel, 215 Chrystie St., speed-rack.com

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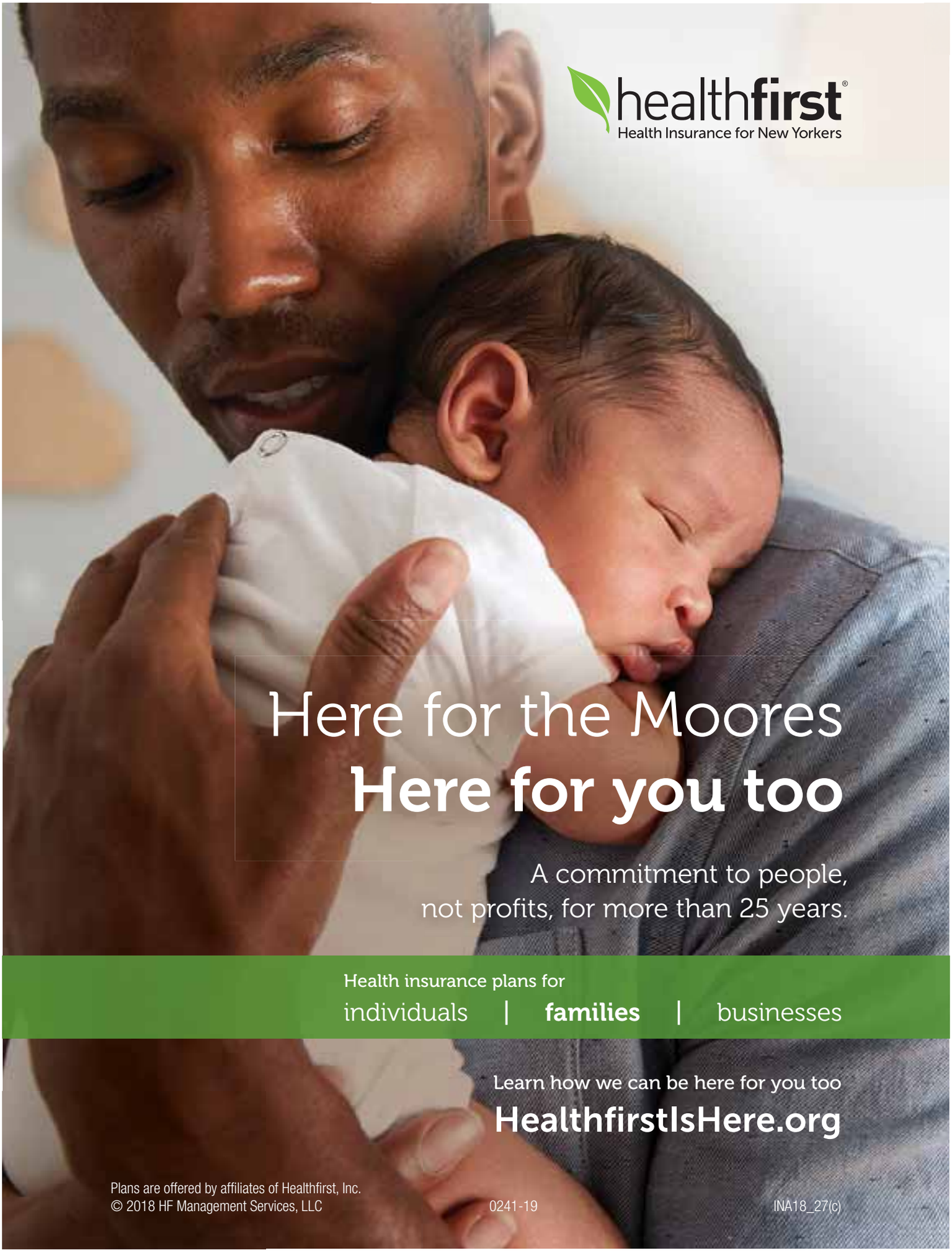
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Inside the city's largest wastewater treatment plant, a plague of flushed wipes

About $19 million is spent each year cleaning clogged sewers.

KRISTIN TOUSSAINT
kristin.toussaint@metro.us

Wipes pulled up from the screens that catch large, physical refuse in the sewer water. NYC WATER/FLICKR

Whether from flushing the toilet, taking a shower or washing something down the sink, New Yorkers produce about 1.3 billion gallons of wastewater every day. But where does all that end up?

If you're in Lower or eastern Manhattan, northern Brooklyn or western Queens, your wastewater probably goes to the Newtown Creek Wastewater Treatment Plant, the largest of New York City's 14 wastewater treatment plants, which occupies 53 acres in Greenpoint.

Newtown Creek is responsible for treating 310 million gallons of wastewater every day. When it rains, that more than doubles to about 700 million gallons of wastewater, because New York City has a combined system in which sewage water and surface runoff like rainwater on city streets all go into the same collection of pipes. There are more than 6,000 miles of sewer pipes underneath the five boroughs.

Once it gets through those pipes and to the plant, wastewater goes through multiple steps, divided into three main treatment types: physical, chemical and biological. But in recent years, there's been a huge snag to the physical step that is plaguing the entire system with issues.

The main culprit? Wipes that wastewater experts say are not actually flushable, yet still end up inside the sewer system.

Inside the Newtown Creek Wastewater Treatment Plant, raw sewage flows in through trenches about three stories below ground, passing through screens meant to catch any of that big, physical debris, and machinery pulls up any of that refuse.

"When they were first designed, the idea was to pick up branches and trash that's on the street," said Mikelle Adgate, senior advisory for strategic planning with the NYC Department of Environmental Protection. "But now what's happening is, as more and more people are flushing these wipes, they're getting picked up, they're clogging the screens. It's really gross but you can kind of see they're arriving here fully intact, so they're not breaking down at all once they leave people's toilets."

Some of these wipes may labeled "flushable," but municipality experts say the industry standards for that designation don't match with the reality of sewer systems. Others may be labeled "do not flush" — the labels could be small and easily missed, or just ignored.

DEP spends approximately $19 million a year to clean clogged sewers, repair damaged machinery and dispose of these wipes. Inside the plant, the system runs 24/7/365, pulling up clumps of wet wipes, baby wipes, makeup wipes and more from the screens.

In the back of the room stands a gigantic dumpster that is probably 90-plus percent full, officials said, of just wipes. Workers truck this trash out a few times a week.

"But imagine they're hauling them out not just from here, but from all 14 of our wastewater treatment plants," Adgate said.

For more, go to metro.us.

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Colorado trail runner Travis Kauffman. GETTY IMAGE

Mountain lion strangled by Colorado man was orphaned cougar cub

The cougar was 4 to 5 months old.

The mountain lion strangled by a Colorado man after it attacked him on a jogging trail last month was a young cub, weighing no more than 40 pounds and likely orphaned but not starving, state wildlife officials said on Friday.

The encounter between the young predator and Travis Kauffman garnered international headlines when authorities revealed that the 31-year-old man had not only survived a rare mountain lion attack but had suffocated the cat by stepping on its throat.

A necropsy — the animal equivalent of an autopsy — showed the cougar was 4 to 5 months old, based on the condition of its teeth, and the results confirmed Kauffman's account of the struggle, Colorado Parks and Wildlife said in a statement.

"The cause of death was determined to be ... blunt trauma and strangulation," the agency said.

Kauffman recounted his harrowing tale at a news conference last week. He said on Feb. 4, he was jogging on the Horsetooth Mountain Open Space, about 65 miles northwest of Denver, when he heard pine needles rustling and turned to see a cougar staring him down.

"I was bummed out to see a mountain lion," he told reporters.

The environmental consultant said he raised his arms and yelled, but the cougar pounced, clamping its jaws on his right wrist, and slashing his face and neck with its claws.

During the three-minute struggle, Kauffman said he unsuccessfully tried to dislodge the cat by hitting it with a rock and stabbing it with sticks. Ultimately he was able to get on top of the cat and place his foot on its throat until it stopped thrashing.

Kauffman suffered multiple lacerations but no permanent injuries. He could not be reached for comment. REUTERS

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2019 St. Patrick's Parade is celebrated on Staten Island

KIM VEGA

The 55th annual Staten Island St. Patrick's Parade attracts thousands of spectators to Forest Avenue each year for a procession of the borough's pipe bands, school bands, celebrated local figures and revelers in Irish pride.

Demand Soars At NYC Medical Clinic For Promising Back Pain Treatment

Can This Medical Technology Possibly Eliminate Or Greatly Reduce Even The Most Severe Back Pain... Almost Instantly?

The Advanced Medical Treatment Every Back & Neck Pain Sufferer Needs To Know - No Matter How Bad The Pain Is Or How Many Other Treatments Have Failed

NYC Pain MD is a medical clinic with two locations in New York City that has made a name for itself by treating the worst cases of back or neck pain.

Here is what every back and neck pain sufferer who has failed to respond to other treatments and does not want surgery should know about one of the best treatment options available today for severe back and neck pain including when, why and where you should consider this treatment to get maximum results.

If you suffer with back, neck or nerve pain, you have probably already tried *many treatments*... especially countless pain medications.

Experienced doctors understand that even though pain medications such as anti-inflammatory pain pills are part of the recommended early treatment plan for back pain... they are rarely the answer.

In most cases they have minimal, short term results (if any) and have a laundry list of potential side effects. Some being serious and even life threatening.

Are there any better options?

Thankfully, advancements in science and technology come extremely fast. And now there is very good option to help relieve the pain.

An option that a lot of back and neck pain sufferers may have never heard of before.

Before we get into these treatments, please understand this...

NYC Pain MD is a REAL medical clinic that has treated the worst cases of back pain. Patients travel from all over to be treated at one of their clinics for all sorts of joint and muscle pain because they want the best medical treatments available.

What you are about to discover is a REAL medical treatment. Not some miracle cure you see on infomercials or on the internet.

Know this fact: There is no one treatment that will help every case of back pain. And we cannot guarantee this treatment will work for you. But this treatment has already helped countless back and neck pain sufferers who had given up hope. I bet many just like you.

What is this treatment? It's called...

Radiofrequency Neurotomy

"Radiofrequncy Neurotomy" is often referred to as RF for short.

RF is a procedure that is based on the theory that blocking the nerve supply to the painful area may alleviate pain and restore function.

There are many nerves around your spine and one of their jobs is to sense PAIN.

Radiofrequency waves are delivered to these nerves under advanced imaging to "block" the nerves.

Two procedures are performed. First, a test, diagnostic "Block" procedure is done to determine if the procedure is going to decrease pain and improve function.

If this first "test" procedure is successful, the Radio Frequency Neurotomy is scheduled and performed for longer term relief.

What Results Can You Expect?

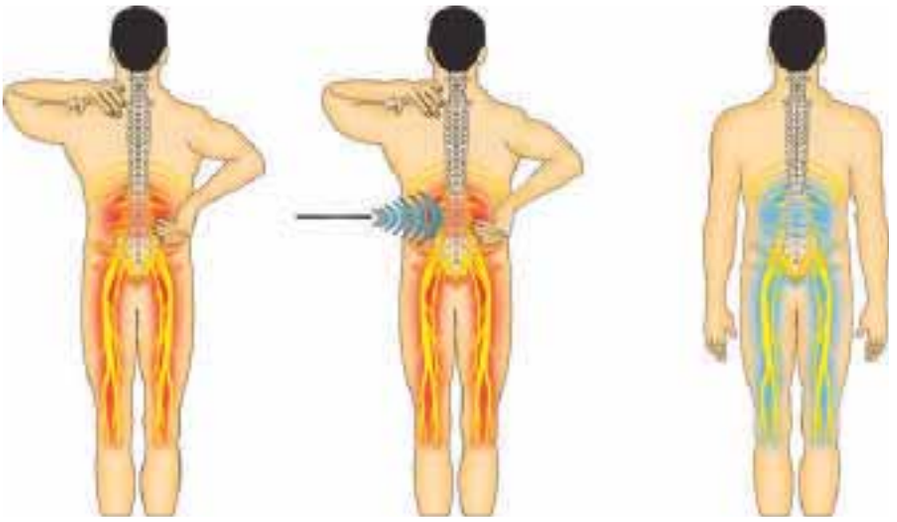
Like all real medical procedures... results vary for individual patients. No good and ethical doctor would guarantee any exact results for any procedure... that's just not how things work and it would be less than honest.

That's being said, it is not uncommon for patients to get complete, if not significant relief of their pain shortly after the treatment.

How Long Do The Results Last?

This procedure "blocks" the nerves pain signals... it does not destroy them. Therefore, the results are safe but not completely permanent. But, many patients get relief for 6 months… 12 months…. 18 months for some and some even longer. The great news is - another procedure can be safely preformed for more relief if necessary.

Advanced Treatment Uses Radio Frequencies To Relieve Serious Neck & Back Pain



Science rescues back & neck pain sufferers?: Radio Frequency Waves are used to block the nerve supply to the painful area and may alleviate pain and restore function to many.

While we cannot claim this is a complete "permanent cure" but... it can be a god-send for so many who were in constant pain.

Really... what would it be worth it to you could get out of pain for long enough so you could start enjoying your everyday life again?

Would it be worth it to be able to finally get a good nights sleep again?

How about being able to go for a simple walk or just do your basic daily chores without worrying about so much pain?

Is It Safe?

Yes. This procedure has been done countless times and continues to have an excellent safety record. It is minimally invasive and is not surgical.

Who Should Try This Treatment?

RF should be considered after other treatments, such as anti-inflammatory pain medication and physical therapy do not offer good enough results.

RF has also been found effective AFTER back surgery when patient's still feel pain.

The pain after a failed back surgery can be debilitating for some and this procedure may be the only thing that helps give you relief.

What To Do Next If You Are In Pain And The "X" Factor

Here is the "X" factor many do not consider that might be the difference between you getting the best possible treatment or not.

Many experts suggest choosing a medical clinic that offers all these treatments and has the proper, most advanced technology all under one roof without the need for a surgical center or hospital.

Major Savings In Time And Costs Of Care?

NYC Pain MD's method allows you to avoid expensive hospital or out patient surgi-center facility fees which often run 3 to 4 times the cost of the procedure itself. And you don't have to go through the huge stress and time consuming process of going all over the city to outside centers. All the *NYC Pain MD* treatments can be done in out in-office procedure suites saving you stress, time and dollars. *NYC Pain MD* believes this additional "X" factor is one of the reasons so many back pain sufferers travel from all over to be treated at one of their advanced medical clinics.

Your Invitation

NYC Pain MD offers a limited number of complimentary back pain treatment screenings every month. These screenings are a way for back pain sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at *NYC Pain MD*. If you would like a complimentary screening, just call 877-907-2934 and tell the scheduling expert who answers the phone, "I would like a complimentary back pain screening."

The screenings fill up fast every month. If you do not call in time to get one this month, the expert will schedule you for next month.

This screening is no cost and no obligation.

Many of the treatments offered are covered by many insurance plans and traditional medicare.

Call 877-907-2934 for your free screening and find out if you can get out of pain today.

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the GRUMBLE

Pat King
Grumble Editor

ALL IMAGES ISTOCK

READER WRITE-INS:

SOME THOUGHTS ON THE MTA

Yes, the MTA has problems. Yes, it needs fixing. Let's do a little history lesson first. Back in 1901, there were approximately 253,000 riders annually. Then the first underground subway system opened, on Oct. 27, 1904. Fast-forward to 2016: 1,756,814,800 annual riders. That's a massive increase over time. And what did the MTA do to keep up with the influx and increase of the population commuting? Not much — basically added Band-Aids to a bleeding sore. Instead of fixing the issues, like leaks, they added makeshift troughs with a drain leading into the train rail area, rust from steel decaying, tiles popping off walls, paint peeling, asbestos dust layering up on lights,pipes, speakers, etc., from the brake pads. Seriously!

Here are a few ideas to consider instead of taxing people in their cars or allocating money from marijuana sales. (Whereas that's spending money that really isn't earmarked for this, or yet to be collected, before you even have it in your possession — short-sightedness, I'd say.

Why don't we ever see the governor or the mayor riding in the subways without their entourage? What if they went in disguise (similar to "Undercover Boss") and really got a taste of what commuters deal with on a daily basis? I bet stuff would change a lot quicker! What about all these multimillion-dollar high-rise apartments being built? Now that footprint is filling up with people, students, kids. Shouldn't they be contributing to the infrastructure of the decaying underlying city which serves them as well? The new, beautiful buildings still need to have infrastructure to service their needs.

What if you leased the subway system to a private corporation? Obviously have recommendations, guidelines they'd have to adhere to. Chicago was losing money on a bridge that connected Indiana to Illinois called the Chicago Skyway Bridge, so in 2005 they leased it for 99 years to investment companies who now run and maintain it and collect its tolls — cutting out much fat and being very accountable for the financial portions. Instead, the NYC MTA just keeps adding to its riders' fees. Simple things for simple minds.

— **Michael Erman**, *Metro New York reader*

VENT TO US!
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Aries Look past someone who is negative and choose positive alternatives that will expand your mind and encourage you to do and be your best. Kindness and will win favors.

Taurus Refuse to let your emotions get in the way of your productivity. When something doesn't go your way, focus on your own performance instead of complaining.

Gemini You'll be offered false information. Don't act in haste, or you may end up looking bad or being blamed for something you didn't do. Stick to the facts.

Cancer Working with people you find innovative will spark your imagination. Don't hold back. If you put some energy behind your plans, good things will transpire. Trust your instincts.

Leo A change is possible if you are sincere about what you want. Don't let jealousy lead to bad conduct and regret. Size up a situation and be mature.

Virgo Traveling, attending meetings and exploring new possibilities are favored. If you make changes for the right reasons, you will get what you want.

Libra A change at home will leave you questioning how to best move forward. Take better care of your health and well-being. Joint ventures should be handled with caution.

Scorpio Take on a new hobby, do more with friends and relatives and be open to new ideas. Listen carefully and make choices based on your beliefs and plans.

Sagittarius Listen to your heart and pay attention to what others do and say. Refuse to let someone coerce you into a fight or interfere in your affairs. Offer peace, not chaos.

Capricorn A change to the way you handle your personal affairs should be kept secret. Take care of personal paperwork to ensure that you have everything up-to-date.

Aquarius A kind gesture will lead to a positive change. How you earn or handle your money will be subject to change. Get what you want in writing before you agree to a deal.

Pisces Embrace practical and promising changes. Refuse to let temptation take charge and lead you astray. Work with others to achieve the most and make a difference. EUGENIA LAST

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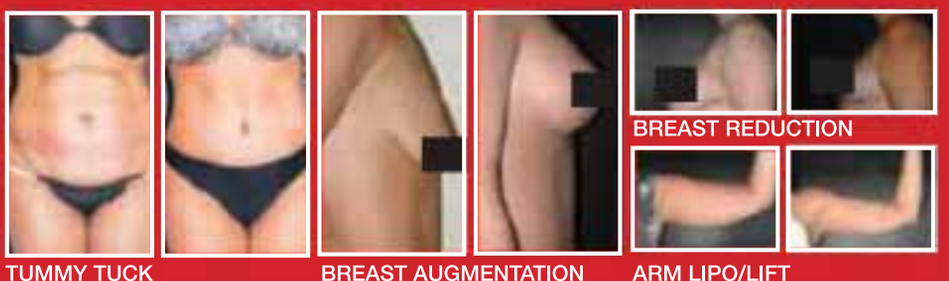
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The Rubin Museum's new exhibit Power of Intention challenges you to create change within yourself and beyond.

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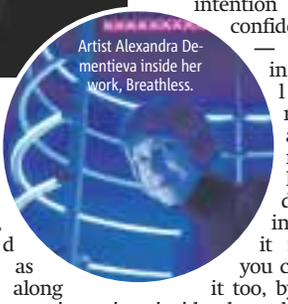
Metamorphy lets you become like Mickey in Fantasia, calling forth colors and primal rumbles.
ALL PHOTOS EVA KIS



Artist Alexandra Dementieva inside her work, Breathless.

There's a lot of talk lately about living a more mindful life and starting "practices" like meditation and yoga. The Eastern cultures where these rituals come from have understood the power of the human mind and its deep connection to the body for centuries, and the Rubin Museum has cleverly fused the objects of Buddhist rituals with modern artworks in its new exhibit Power of Intention.

It makes sense that an exhibit all about being present both physically and mentally would have a lot of Instagram-friendly elements, but Power of Intention truly wows with exhibits that invite you to reflect and participate, curated by Elena Pakhoutova.

The exhibit grew out of the Tibetan Buddhist prayer wheel, a cylinder that can be small enough to fit in your hand or as massive as a column, inscribed with hundreds or even thousands of mantras meant to be repeated as it's spun.

Guests are welcomed in the museum's lobby by a wishing well where you can type an intention and electronically "send" the words up to the fifth-floor exhibit, projected with light as they float along the Rubin's stunning spiral staircase.

French artist Gregory Lasserre combined a motion-sensing camera, projector and a fabric membrane into Metamorphy, turning each person who touches it into a wizard like Mickey in Fantasia calling forth bursts of color and a primal rumble like a gathering storm, making invisible the energy we put into the world.

The two columns of light that make up Alexandra Dementieva's Breathless gauge how often words related to intention — power, confidence, etc. — appear in English-language media and emit more or less light depending on what it finds. But you can change it too, by stepping inside the columns and blowing into a fan to make them fully illuminate. "The idea is that if people are present, physically, they can change things," she says.

As a museum of Himalayan art, the exhibit focuses on the various objects used by Buddhists in mantras, or what the West calls prayer. There is an important distinction, however. Instead of making requests, Buddhist mantras are meant to channel an essential part of the deity being appealed to. Built on the same principle as "practice makes perfect," mantras are repeated to channel the desired virtue and reaffirm a person's commitment to embodying it.

So whether you're seeking enlightenment or just want to embrace your own power to change yourself (or the world!), get inspired at Power of Intention.

Power of Intention is the first exhibit in the Rubin Museum's 2019 theme, Power: Within and Between Us. It's open now through Oct. 14.

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After Years Of Intense Study, NYC Medical Clinic Finally Reveals It's Best "Treatment Formula" For Helping Knee Arthritis Sufferers... Especially When So Many Other Treatments Have Failed

NEW YORK CITY - If you are even remotely interested in discovering how the latest scientific discoveries can possibly help your knee pain... then this is going is be the most exciting information you ever read.

Here is why: Knee pain can not only be brutal... it's complex. In other words, it's not a simple, easy fix.

But I'm sure you already know that. Or you wouldn't be reading this.

That's the bad news.

Now for some good news...

Over the years, *NYC Pain MD* has treated countless knee pain sufferers. And in that time have been able to constantly improve.

And we have come up with a treatment formula that we have found works best and helps the most patients.

This formula has reduced or even eliminated the pain in many. Some were scheduled for knee replacement surgery and felt good enough to cancel their surgery.

It's amazing when patients who were once in excruciating pain... start feeling better. And start walking again. And playing golf. Or tennis. And finally getting their lives back.

Especially when they had gone to other doctors and tried so many other things.

So many had given up hope.

Sound familiar? If it does... check this out...

The Treatment Formula

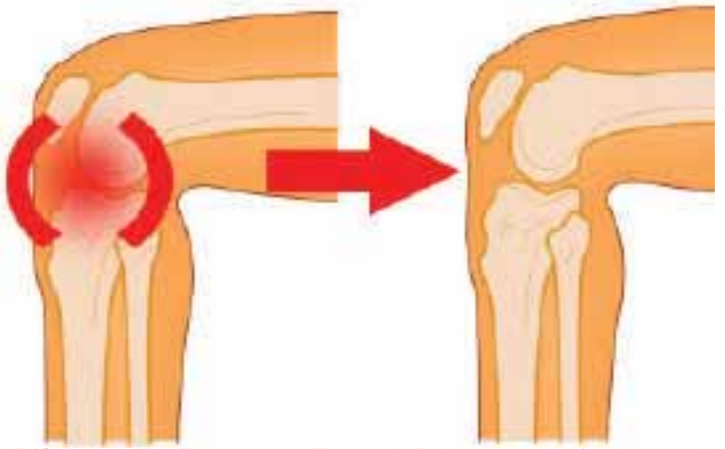
While I can't give you the entire treatment formula here (there is not enough space and WAY too complicated) I can give you the basics. And more important... I can tell you what it might be able to do for YOU.

The first and most important part of the formula is: PATIENT SELECTION.

This means, *NYC Pain MD* has a detailed screening process to tell who is most likely to be helped by their treatments... and who is not.

If you qualify, you have the opportunity to move forward and experience the worldclass treatments that *NYC Pain MD* offers.

If you do not, *NYC Pain MD* will tell you what they think your best options are and help you find the right doctor for you.



NYC Pain MD "**Treatment Formula**" A protocol of advanced medical treatments that has already helped thousands.

If you qualify, NYC Pain MD offers some of the most advanced medical treatments available today all using the most advanced imaging technology including:

- Viscosupplementation (gel injections)
- Platelet Rich Plasma (PRP)
- Stem Cell Therapy (Lipogems)
- Genicular Knee Block
- And more.

Once again, there is not enough space to go into detail about all these procedures... but here are some things you MUST KNOW....

Viscosupplementation is where a doctor introduces a gel-like medicine directly into the joint space. This helps to lubricate the joints often relieving some, most or even all of your pain. Results can last for 6 months to several years.

Many have had these treatments *without* good results. However, *NYC Pain MD* feels this is because doctors often do these "gel injections" without advanced imaging to guide them. Research shows they will often miss the joint. If the joint is missed... it is impossible for the treatment to work.

NYC Pain MD has spared no expense and used advanced imaging to guide the injections assuring the medicine gets into the joint. We frequently get results when this treatment was a failure done elsewhere.

The second thing you must know is... our treatment plans are custom made for every patent. And we have all these treatments offered in the same place. Many times you will get the best results from multiple treatments. At *NYC Pain MD* your doctors will all be there and will all know each other and you and your case. They work together and give you the best treatments and care without you having to go anywhere else.

The ability to select the right patients and then have the potential to give them any or all of these treatments... with all the necessary medical technology... under one roof... has allowed *NYC Pain MD* to get better results than they thought possible.

Here's What You Should Do Next

If you suffer with knee pain... and any of this made sense to you... *NYC Pain MD* would like to offer you a No-cost screening. That screening is the first step in our "Treatment Formula."

You will get to see a doctor and ask any questions you have. Your doctor will take the first steps to see if you qualify for treatments and give you recommendations.

The best thing is... you will finally get direction. You will know what's going on and what is your best course of action… step-by-step. The treatments will be explained in detail and you will breathe a big sigh of relief finally knowing what's going on and what can or cannot be done.

There is so much we want to say to help you... but I'm out of space. Give us a call at ***877-296-6310*** and take the first step. That step is free without obligation.

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Sofia Boutella on Gaspar Noe's trippy 'Climax'

The psychological horror revolves around a dance troupe on a nightmarish LSD trip.

GREGORY WAKEMAN
Gregory.Wakeman@metro.us

"Climax" is quite the trip. COURAMIAUD-LAURENT LUFROY AND FABIEN SARFAT/A24

Gaspar Noe's "Climax" is a truly beguiling and increasingly unsettling cinematic delight.

It also perfectly combines the French director's visual flair and desire to shock and surprise with refreshingly unfettered and unhinged performances from an array of dancers, most of whom had never acted before. They're led by Sofia Boutella, who stars as Selva, the choreographer of a French dance troupe that has been rehearsing for three days straight in a secluded abandoned school. Their wrap party soon turns into a nightmare when it emerges that the sangria they are all drinking has been spiked with LSD.

Boutella tells Metro that Noe originally approached her about the film over Instagram, having been impressed by her work as a dancer. However, rather than having a detailed plan for what would unfold, Boutella quickly realized just how collaborative "Climax" was going to be.

"He told me he wanted to do a movie about dancers and see what happened once they had been spiked with LSD. I said, 'What happens?' He said, 'I don't know.' He didn't have a script. That was very interesting for me. I had never worked that way. He just had character descriptions, not scene descriptions."

"He just had written down that he wanted a choreographer, a pregnant girl, a girl that spiked us, and all the other descriptions. I knew I was going to start the movie sober and then end up in this nightmarish situation."

Far from being put off by this approach, Boutella jumped at the opportunity. Especially because of how important dance is to her.

"Dancing is such an important and meaningful way of expression for me. I have done it since I was 4 years old. I always act when I dance because I need a story and an emotion and a character in order to execute the movement. As an actress, I use body language a lot, and dancing has been so helpful in that."

It also helped that Boutella saw a kindred spirit in Noe.

"He is a true artist that defies the norms. He is not afraid of pushing the bar and doing something that is new and hasn't been done yet. He takes risks and he really tries to convey something that he really believes in."

Noe provided Boutella and the cast with complete freedom to "explore this loss of control" that comes with taking so much LSD in order to create a truly original and hypnotic blend of horror, color, dance and music.

"Everyday we turned up to set we rehearsed these 8-10 minute scenes for about 5 hours. Then we'd break for lunch and then do between 14-17 takes. We did that for 15 days. It was definitely challenging. But so rewarding. I got to explore something that I have never explored before. I got to see how deep I could plunge into myself and find these colors."

"I have never done acid or LSD. But I did a lot of research to get there. I researched this terrible drug called Flakka, which turns people into complete monsters, zombies and makes them so aggressive. That was the psychological nightmare where I wanted to go with the character."

"Climax" is now in select theaters.

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The Board of Directors of the New York City Health + Hospitals invite you to attend its Fiscal Year 2019 Annual Public Meetings in accordance with §7384(10) of the HHC Enabling Act.

Following a report on the activities of the health system, the public is invited to make oral and/or written presentations.

Allotted speaking time is FIVE (5) minutes. Speakers are asked to register in advance by writing or calling:

Ms. Colicia Hercules
Secretary to the Corporation
NYC Health + Hospitals
125 Worth Street, Room 519
New York, New York 10013
Telephone: 212-788-3360

Interpreter and American Sign Language services are available upon request in advance of registration deadline dates only.

On-site registration will be available at each location on the day of the meeting beginning at 5:30 p.m. and ending at 6:30 p.m. Speakers who register in advance will be given priority on the speaking schedule.

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460 Brielle Avenue, Staten Island, NY 10314
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EDUCATION

All Star Code's Summer Intensive program looks to teach boys of color how to code

Learn some serious skills at this six-week crash course in coding.

PAT KING
patrick.king@metro.us

ALL PHOTOS NATALIE KEYSSAR

Chances are, you'll probably check your phone once or twice while reading this story. It's okay, we won't be offended. According to a study by eMarketer, the average American spends around three hours a day on their phone. The truth is, our lives are made easier by smartphones and all the problem-solving apps on the market. Businesses understand this as well; vying for your attention is the name of the game these days.

That's why the need for good computer programmers and coders is as important as anything else for these businesses — and they are willing to pay handsomely for the right candidates. According to the Bureau of Labor and Statistics, the average coding job in the country pays roughly an annual wage of $82,240.

Learning these skills early on can be an extremely big leg up for students. That's the goal of the immersive educational nonprofit All Star Code and its annual Summer Intensive program, hosted in New York City and Pittsburgh every year for high school sophomores and juniors who identify as men of color: to teach teenagers how to code.

The program will run from July 8 to Aug. 16, with classes from 9 a.m. to 5 p.m. Monday through Friday. No coding experience is necessary before starting the program and tuition is absolutely free! On top of that, food, transportation and a laptop are included for children accepted into the program.

Students will learn different skills within the six-week duration of this coding crash course. Week 1 will focus primarily on basic computer sciences such as CS and Javascript. In Week 2, they'll learn the ins and outs of game design. Next, they'll work on web development, and even get the chance to build their own personal websites using HTML, CS and Javascript. The fourth week will focus on integrating Application Program Interfaces (APIs), while the second-to-last week will be all about learning how to integrate a database into an API as well as public speaking courses to help students learn how to make pitches. Finally, students will finish the program with work to present their own demos to the staff and their fellow students.

The enrollment period for All Star Code's Summer Intensive program ends March 28 at 11:59 p.m. To apply, head to allstarcode.org.

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An inside look at life as a transplant surgeon

PAT KING
patrick.king@metro.us

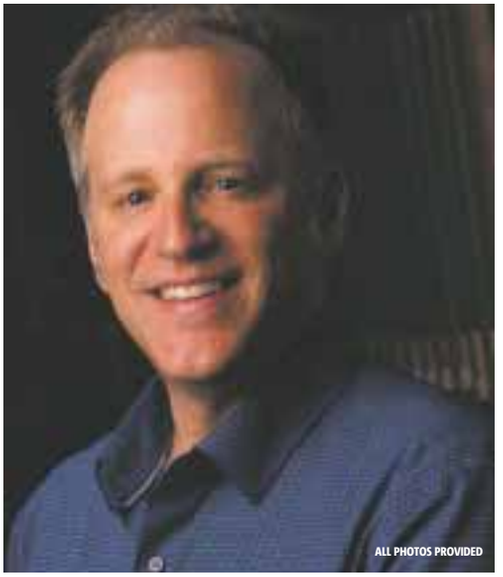
There are only a few jobs that can defy the laws of life and death. Transplant surgeons have the unique ability to take an organ or an appendage and have it come back to life after attaching it to a patient in need. We spoke with Joshua D. Mezrich, M.D., the author of "When Death Becomes Life: Notes from a Transplant Surgeon," about why got into the field and some of the unexpected things that have come with the job.

What made you want to become a transplant surgeon?

When I was growing up, my dad went back to medical school when I was in third grade. He would always kind of tell stories from med school at the dinner table. I think my brothers were sort of grossed out, but I loved them. That was one piece. Of course, I always loved Hawkeye Pierce from "M.A.S.H."! As I went through college, I took the sciences on the side. I majored in Russian but I didn't think I'd go into something with Russian as a career. I took all of the premeds on the side and always remained interested in science and medicine. When I entered med school, I didn't know anything about surgery and I never would have thought in a million years I'd go into surgery or transplant. But, I ended up loving my surgical rotation!

This almost sounds cliche, but it's a true story. My first day on surgery, I went in at like 5 a.m. I was just a crazy day. I found out I was on call which was a perfect preparation for my future life. I didn't eat or drink anything and I was in the O.R. all day. Then finally at midnight, my resident told me to go next door to this operation. When I went in, it turned out it was a kidney transplant. This older surgeon was doing the transplant. He had classical music playing and it was really calm and relaxed. When we reperfused the kidney and it turned pink in front of my eyes and urine just started spraying out on to my hands, I was just staring at it thinking, "I can't believe this works!"

I wondered what other organs can we do this for and could I ever do this? I was really intrigued by the challenge and the mystery of it. I was very aware that someone had just died and this organ was coming back to life. It just struck me as truly remarkable.



ALL PHOTOS PROVIDED

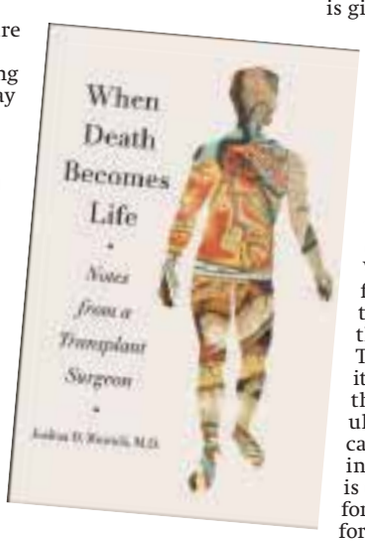
In the book, you talk about how people are your puzzles. Is there a sense of gratification or panic in solving such a complex problem?

I try not to panic! I like to use the word "gratification" or the word I often use is "satisfying". I think surgery is too hard to be fun, but it is incredibly satisfying. I think everything about surgery is your brain. It's making good decisions and solving the puzzle. Some puzzles are simple with 50 pieces and some puzzles are a bit complex with hundreds or a thousand pieces. When it comes to doing operation, it really is about thinking through the puzzle, taking what the case gives you, and really focusing hard on what it is you're looking at. And if something doesn't look right, stepping back and rethinking it. It does involve a lot of pre-planning, but I'll take a good brain over a good set of hands any day of the week when it comes to looking for a surgeon.

I really do look at it like a puzzle. Lots of practice helps. Experience is critical but you just have to watch the signs and stay focused and try to stay positive. When things start going badly you have to find a way to stay strong and not panic. It kind of gets easier in the sense that you get more experienced, but it gets more humbling to because no matter how many years you have in you always find

cases that are really challenging. When I'm operating, I'm not sitting there thinking, "Oh my god. This person has kids!" [laughs] You really are focused on solving that puzzle and doing it in the simplest way you can.

What are some of the most surprising aspects of the job?
To me, some of the most beautiful stuff has been my interactions with both the deceased donors families and the living donors. To me, it is so heroic and it's kind of like running into a burning building to save someone. On the deceased donors side, we fly out and get the organs, which is something most people don't realize. We meet with the donor families and when I first met my first family I thought it was going to be this uncomfortable experience because I'm this vulture coming to take apart their loved one. But that couldn't have been further from the truth. Usually there's a big group of people there. They're crying because they just lost this loved one, maybe unexpectedly. Yet, they hang on to every one of our words. They want to know what we're going to do. It ends up being this incredibly positive experience.



It's a really incredible feeling. It makes you realize that this is a gift and our job is to make sure that the gift is given.

The living donors are some of the most incredible people you could meet. But, I think one of the real beauties of this is that in most illnesses the patient is really kind of suffering alone. While they'll have family around, the patient goes through it alone. The patient endures it alone, they take the tests alone, and ultimately, they can die alone. But in transplant, there is this opportunity for someone to step forward to say, "Let me bare this with you and take a little pain to help you get through this." I just think there is something really special about that. Being a part of that exchange is really one of the most gratifying parts about being in my field.

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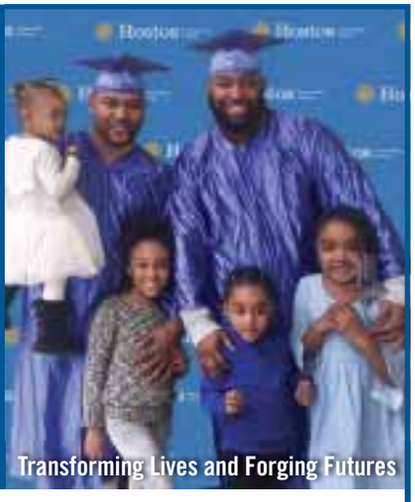

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Playoffs in doubt for struggling Nets

Another losing streak has the Nets in a tough spot with fewer than 30 games to play.

JOE PANTORNO
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Things are suddenly feeling a bit tighter around the Barclays Center.

The Brooklyn Nets, who have surprised plenty by surpassing last season's win total in February and remaining a fixture in the Eastern Conference playoff race, have encountered some choppier waters as of late.

Now they have to hope that the ship doesn't capsize.

The Nets have lost three straight games to lesser opponents in the East. Brooklyn, currently tied for the No. 6 seed in the East, dropped a nine-point decision to the 11th-place Washington Wizards on Wednesday, only to follow it up with a 123-112 loss to the Charlotte Hornets on Friday.

Charlotte sits just outside the final Eastern Conference playoff spot with a game at hand over the eighth-place Orlando Magic.

Things got worse on Saturday when the Nets were blown out by the 10th-place Miami Heat, 117-88. It was Brooklyn's largest loss of the season as its lackluster play has alarmingly continued.

The Nets were one of the hottest teams in the NBA for the better part of a seven-week span. From Dec. 7 to Jan. 29, Brooklyn won 20 of 26 games, turning around an 8-18 record to a respectable 28-24 mark that put them right in the postseason conversation.

The Nets have lost nine of their last 13 games. GETTY IMAGES

In their last 13 games, however, Brooklyn is just 4-9 while the standings around them continue to tighten up.

Possessing the No. 6 spot in the East, the Nets lead the conference's proverbial second division. The East's top five that features the Bucks, Raptors, Pacers, 76ers and Celtics are all within 10 games of each other. The Nets are seven games back of that grouping.

Thanks to their recent struggles, they only possess sixth place on percentage points in front of the No. 7 Detroit Pistons, while the Magic and Hornets sit only 1.5 games behind the Nets. The Heat are only 2.5 games back of Brooklyn at No. 10, as well.

They have three winnable games to right the ship this week. The Nets host the West's 13th-seeded Dallas Mavericks on Monday night and the No. 14 team in the East, the Cleveland Cavaliers, two nights later. They then travel to Atlanta to meet the No. 12 Hawks on Saturday.

Things get far more difficult the following week, though, as they have four straight games against teams currently owning playoff spots beginning on March 11. The Nets will face the Pistons, Oklahoma City Thunder, Utah Jazz and Los Angeles Clippers — the latter three meetings coming in the form of a West Coast road trip.

With the playoffs now anything but a lock, head coach Kenny Atkinson has to find a way to pull his group out of this collective funk.

"It's disappointing. That's been the message since the all-star break. At a certain point it's, 'He who wants it, gets it,' and we're not the ones getting it right now," Atkinson said. "We've got to find our collective competitive spirit. That's where we are right now."

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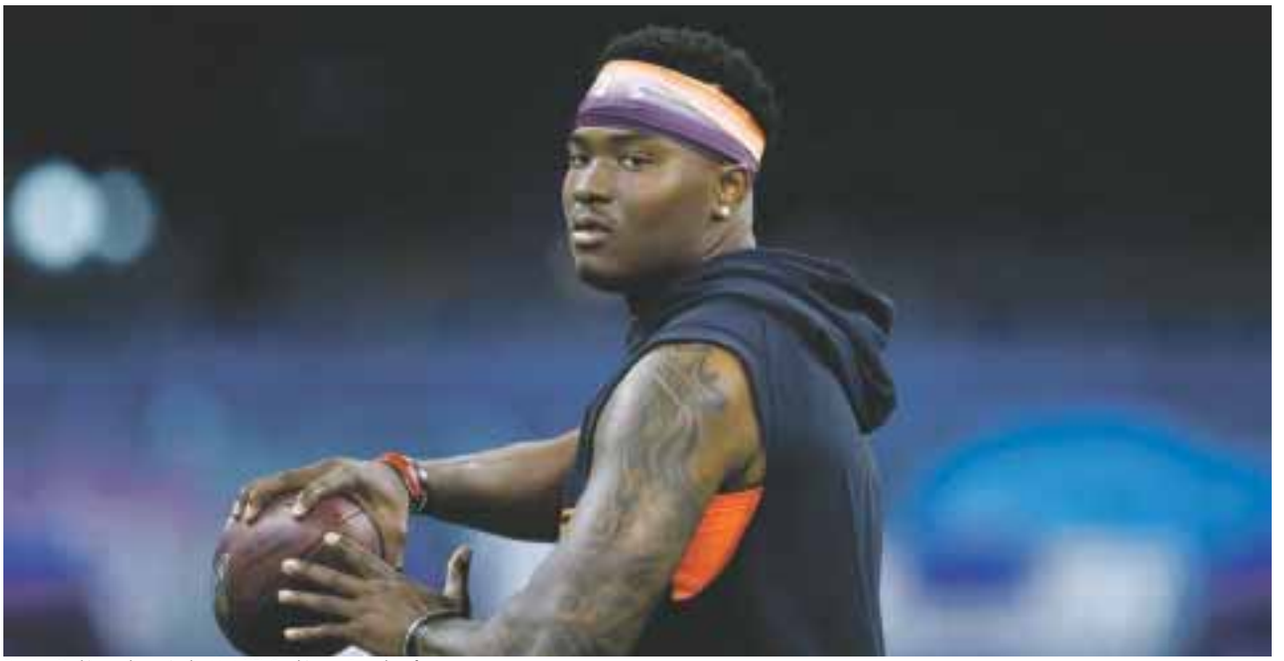
Giants get good, up-close look at QB Dwayne Haskins at 2019 NFL Combine

The Ohio State quarterback continues to be linked with the Giants after the NFL Combine.

JOE PANTORNO
joseph.pantorno@metro.us



Dwayne Haskins took part in the 2019 NFL Combine on Saturday afternoon. GETTY IMAGES

Amidst the 2019 NFL Combine in Indianapolis, the New York Giants got their first chance to get an up-close-and-personal look at a potential draft target in Ohio State quarterback Dwayne Haskins.

The 21-year-old right-hander was put on full display on Saturday, partaking in a series of drills and measurements that are dissected to the nth degree by pro scouts.

Haskins only confirmed that he belongs in the upper echelon of prospective quarterback talent in the draft with his showing, even if his combine didn't get off to the best start.

Within Haskins' quarterbacking intangibles, his mobility has been highlighted throughout his collegiate career as a strong suit. It's a skill set that is important for a Giants offense whose offensive line has been one of the worst in the NFL over the past two years, leaving the immobile Eli Manning to fend for himself and try to extend the play with his legs. That usually doesn't end well.

The 6-foot-3, 231-pound prospect didn't necessarily impress during the 40-yard dash, recording times of 5.04 and 5.06 seconds, but pure speed should never be the main calling card of an NFL quarterback. It probably didn't do much to affect Giants general manager Dave Gettleman's view on him, either, as he has made it known that it's more about game tape and skills rather than times and measurements.

Haskins' display during throwing drills, however, likely met the high expectations of pro scouts. While he did have some difficulties connecting on some out routes to his left, the former Buckeye was right on the money when it came to hitting his slant routes. The ball seemed to have extra jump coming out of Haskins' hands regardless of the length of the route, which was the most impressive aspect of his workout.

Deeper throws allowed him to further show off his arm strength and touch, dropping passes from the sky with supreme accuracy.

Haskins is coming off a monster sophomore season at Ohio State in which he passed for 4,831 yards with 50 passing touchdowns and eight interceptions. Those numbers alone put him near the top of positional rankings, making him a probable top 10 pick come the draft this spring.

With the Giants picking at No. 6 and the teams in front of them not exactly quarterback-needy franchises, numerous outlets have forecasted New York choosing Haskins.

The young quarterback who grew up in Highland Park, N.J., has not been reserved when it comes to his desire to play for his boyhood team, either.

"Growing up in New Jersey, I grew up a Giants fan, so it would be a dream come true going back home where my family is and play for that great franchise," Haskins said prior to his showcase. "There are a lot of really great skill players, so either way it happens throughout this process, I'm just going to be happy to be in the NFL. New York, of course, would be a great spot for me."

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GAMES

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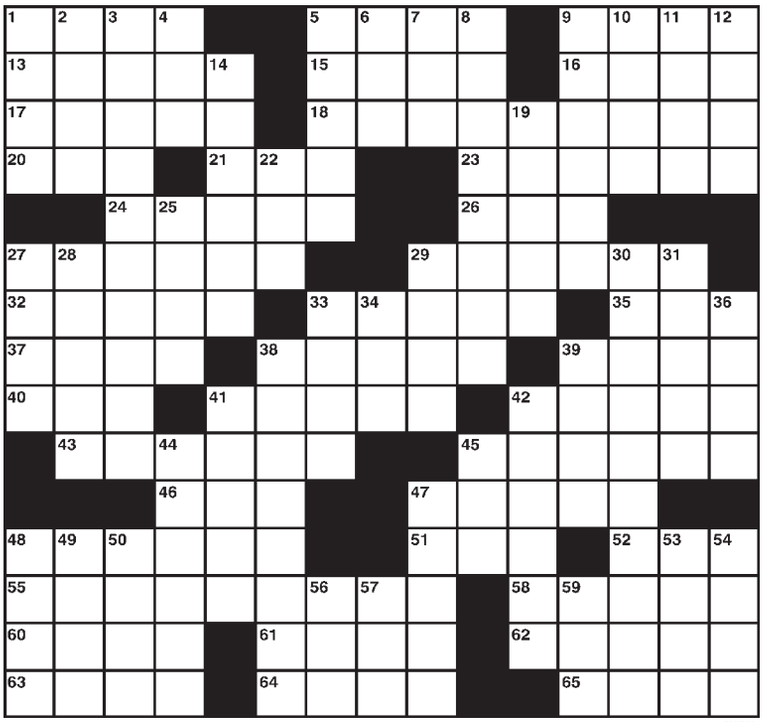
ACROSS

1 Put through a sieve
5 Fundamentals
9 Shapeless mass
13 Monsters
15 Beret material
16 Etna's output
17 Rushmore or Everest
18 Poison remedies
20 Trauma ctrs.
21 Famed heavyweight
23 Linear measures
24 Implied, but not said
26 Floor pad
27 Bowler's delight
29 Aviators
32 __ away; erodes
33 Pares
35 FedEx rival
37 Carney & others
38 Regretting
39 The Bee Gees, e.g.
40 Prefix for arranged or heated
41 High schoolers
42 Written slander
43 Worships
45 Tenor Enrico
46 __ away; fled
47 Absorbent cloth
48 Shocked; horrified
51 Rogers or Clark
52 Common street name
55 Fraternal
58 "Sesame Street" fellow
60 Walkway
61 McClanahan & others
62 Ran fast
63 Black-__ peas
64 In a __; pouting
65 Strong urges

DOWN

1 Partial amount
2 Mr. Stravinsky
3 Exasperated
4 Smallest 2-digit number
5 Expect
6 "__ voyage!"
7 Rollaway
8 __ down; losing weight
9 Very drunk
10 Tardy
11 Think __; contemplate
12 Lowest singing voice
14 Piles
19 Good buys
22 Be dishonest
25 Haughtiness
27 Exchange
28 __ firma; dry land
29 Brooches
30 Unrest
31 007 and others
33 Takes to court
34 Relations
36 Fly alone
38 Goes in again
39 Become fatigued
41 Garbage
42 Attorney
44 Gave a speech
45 Dove's cry
47 Rendezvous
48 Qualified
49 "The Old __ Mare"
50 Sharpen
53 Claim against property
54 Prescriptions,for short
56 Pantyhose mishap
57 Ring of flowers
59 Charles or Romano



BY TCA

metro.us/wordsearch

L	Y	O	H	I	O	S	X	K	B
A	X	I	M	X	E	H	C	G	Z
Y	S	C	F	L	C	A	P	D	P
S	P	I	H	C	N	S	R	O	O
O	R	E	O	S	E	A	I	R	P
T	A	K	T	I	K	J	N	I	C
E	V	F	K	E	I	K	G	T	O
E	V	O	S	P	U	L	L	O	R
H	O	T	A	T	O	P	E	S	N
C	A	N	D	Y	K	J	S	O	M

Candy
Cheetos
Chex Mix
Chips
Cookies
Doritos
Drake's
Kit-Kat
Lays
Oreos
Popcorn
Potato
Pringles
Roll-Up
Snack

metro.us/wander

Category: Fictional Character

O	I	B
B	I	O
A	W	N
N	K	E

Trace a path, using every letter once, to find the hidden phrase. Your path can turn in any direction, but not diagonally.

metro.us/sudoku

				4	8			
			9		1	5		4
1			7			6		
	9	5			4	8	7	
	8		5		3		6	
	1	3	8			2	5	
		8			7			6
3		9	6		5			
			4	8				

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Yesterday's Answers

B	A	D	E		S	P	R	I	G		S	M	O	G
A	B	E	S		H	A	I	T	I		H	E	A	L
N	E	T	S		A	C	C	E	N	T	U	A	T	E
D	D	E		T	R	E	E			A	T	T	H	E
		S	K	I	D	S			F	L	U			
T	A	T	E	R	S			P	E	O	P	L	E	
A	D	A	G	E		A	S	I	A	N		E	A	R
R	I	B	S		S	P	E	N	T		P	A	G	E
P	O	L		C	H	E	E	K		R	I	F	L	E
	S	E	A	L	E	D			S	I	G	H	E	D
			T	E	D			L	A	S	S	O		
A	C	T	O	R			W	A	G	E		P	H	I
B	L	A	N	K	E	T	I	N	G		U	P	O	N
L	A	K	E		D	A	N	C	E		P	E	O	N
E	Y	E	S		S	P	E	E	D		A	R	T	S

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